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ATHLETIC TRAINING APPARATUS

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7 Claims. (Cl. 273—55)

The present invention relates to athletic training apparatus, and more particularly to such apparatus for training players in football defensive tactics.

An object of the present invention is the provision of athletic training apparatus designed to simulate a three-man offensive front in a football line.

Another object of the present invention is the provision of athletic training apparatus useful in carrying out a variety of defensive line drills.

A further object of the present invention is the provision of athletic training apparatus useful in improving defensive line play by quickening defensive reactions, developing body balance, increasing peripheral vision and stimulating lateral agility in individual players.

Still another object of the present invention is the provision of athletic training apparatus having moving parts selectively operable by a trainer to simulate any of a variety of movements of an offensive front in a football line.

Finally, it is an object of the present invention to provide athletic training apparatus that will be relatively simple and inexpensive to manufacture, easy to operate, maintain and repair, and rugged and durable in use.

Other objects and advantages of the invention will become apparent from a consideration of the following disclosure, taken in connection with the accompanying drawings, in which:

Figure 1 is a front perspective view of athletic training apparatus according to the present invention;

Figure 2 is a rear perspective view of athletic training apparatus according to the present invention;

Figure 3 is a front elevational view of the device of Figures 1 and 2;

Figure 4 is a side cross-sectional view taken on the line 4—4 of Figure 3;

Figure 5 is an enlarged fragmentary perspective view of a central rear portion of athletic training apparatus according to the present invention;

Figure 6 is a view similar to Figure 1 but showing a modified form of the invention;

Figure 7 is a side cross-sectional view through the modified form of Figure 6; and

Figure 8 is a view similar to Figure 7 but taken through a different portion of the modified form of Figure 6.

Referring now to the drawings in greater detail, and first with reference to the embodiment of Figures 1 through 5, there is shown athletic training apparatus including a support comprising a base 1 which includes a front section 3 having a pair of parallel ground engaging base members 5 which support rigidly at their forward ends uprights 7 and at their rear ends diagonal braces 9 extending between the rear ends of base member 5 and the upper ends of uprights 7. A rear section 11 of support 1 is comprised of a pair of parallel ground engaging base members 13 secured at their forward ends to the rear ends of base members 5 by means of horizontal hinges 15, so that rear section 11 may fold into the phantom line position shown in Figure 2 for shipping.

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A weight 17 such as a cast iron slab extends between and is secured to base members 13 for the purpose of stabilizing and preventing undue skidding of the device in use.

Extending between and secured to the upper ends of uprights 7 and diagonal braces 9 is a support frame 19 on which all the body-contacting portions of the present invention are mounted. A forwardly and downwardly inclined support plate 21 is mounted on the front central portion of frame 19 and carries at its lower edge a horizontal hinge 23 to which is hingedly secured the lower edge of a padded central first impact member 25 for swinging movement about the axis of hinge 23. A coil compression spring 27 is generally horizontally disposed and acts between the rear of impact member 25 and the front of support plate 21 continuously to urge the upper end of impact member 25 to the front relative to the lower end thereof, that is, to urge impact member 25 to swing clockwise as seen in Figure 4. It is intended that the impact of a portion of a trainee's body on member 25 will compress spring 27 and cause impact member 25 to swing in the opposite direction.

Padded second impact members 29 are mounted one on each side of impact member 25 on the front of support frame 19. Impact members 29 are at about the same elevation as member 25 but are spaced to the rear thereof. Instead of being forwardly upwardly inclined, as is member 25, impact members 29 are upright, so that a trainee approaching them from the front approaches them squarely. The mounting for members 29 on support frame 19 consists of a telescoping tubing support 31, one telescoping tubing member of which is mounted on support frame 19 and the other telescoping tubing member of which is carried by the rear of impact member 29. A coil compression spring 33 disposed within the telescoping tubing continuously urges member 29 to the front and yieldably permits rearward movement of member 29 upon contact with a trainee's body.

Depending padded third impact members 35 are mounted by their upper ends on horizontal hinges 37 disposed along the front lower edge of support frame 19. Hinges 37, and hence members 35, are in lateral alignment with each other and directly below member 29, one on either side of the space between the uprights 7. Members 35 are thus laterally spaced apart to provide a tunnel therebetween and are adapted by their hinged mounting to swing to the rear, as seen in phantom line in Figure 2.

Extending endwise beyond the ends of support frame 19 are two wing supports 39 having flanges 41 disposed in a vertical plane at their inner ends and adapted to engage with corresponding flanges 43 on opposite ends of support frame 19 and be detachably held thereon by horizontal removable bolts 45. Each wing support 39 is in the general form of a hollow elongated box having a flat front plate 47 disposed in the same plane as the front of support frame 19, and a removable back plate 49 by which access is had to the interior of support 39. A vertical hinge 51 is carried by the front inner end of each wing support 39 immediately adjacent the corresponding flange 41, and a wing member 53 is mounted for horizontal swinging movement about a vertical axis disposed adjacent its inner end on hinge 51. The wing members 53 are thus movable, from spread-apart relationship, to the front and center toward each other, and back, upon horizontal swinging movement about the vertical axes of hinges 51.

Means are provided continuously urging wing members 53 toward the front and center. To this end, each wing member is provided with a pair of vertically spaced lever arms 55 secured to the rear of the wing member adjacent hinge 51. Each lever arm 55 is arcuate about the axis of hinge 51 and extends generally to the rear. Lever arms 55 are in the form of flat straps and their